



## **EBOLA VIRUS DISEASE**

### **What is Ebola Virus Disease?**

Ebola Virus Disease (EVD) is a deadly disease most commonly affecting people and nonhuman primates. The viruses (Ebola, Sudan, Tau Forest, Bundibugo, Reston, Bombali viruses) that causes the infection occurs mostly on the African continent with occasional outbreaks.

### **Who gets Ebola virus?**

Anyone can get EVD but some groups of people are at greater risk. Most at risk of contracting Ebola virus are health workers who do not use proper infection control while caring for Ebola patients, and family and friends in close contact with Ebola patients.

### **How is Ebola virus spread?**

EVD is spread through direct contact with the body fluids of a person who is sick with or has died from EVD, such as through broken skin and the eyes, nose, or mouth. EVD can be transmitted through objects contaminated with body fluids from a person who is sick or has died from EVD. Individuals in contact with infected fruit bats or non-human primates such as apes and monkeys can also be infected with EVD. A man who recovered from EVD can also spread the disease through his semen during oral, vaginal, or anal sex. Once individuals develop signs and symptoms of Ebola, they can spread it to other people.

### **What are the symptoms of Ebola virus?**

Primary EVD symptoms often include some or several of the following: fever (100 degrees F or higher; 37.8 degrees C), aches and pains (headaches, muscle, and joint pain), weakness and fatigue, sore throat, loss of appetite, gastrointestinal symptoms, and bruising. Another symptom along with disease progression includes unexplained bleeding that can be internal or external, such as bleeding from the gums and blood in stool.

### **How soon do symptoms appear?**

Symptoms may appear anywhere from two to 21 days after contact with the Ebola virus. The average onset is eight to 10 days.

### **Should an infected person be excluded from work or school?**

Anyone with known close contact with an EVD patient or diagnosed with EVD should be excluded immediately from work and school. Call the Delaware Division of Public Health immediately if there are concerns about a person with EVD or contact with someone who has EVD. Contact the phone number at the bottom of this page.

**Office of Infectious Disease Epidemiology**  
**24/7 Emergency Contact Number: 1-888-295-5156**



# Frequently Asked Questions

## **What is the treatment for Ebola virus?**

Monoclonal antibodies have been approved for use to help treat EVD. Supportive care such as fluids, electrolytes, and IV medications are also used to treat patients with EVD.

## **What can a person or community do to prevent the spread of Ebola virus?**

When living or traveling to a region where EVD is potentially present:

- Avoid contact with blood and bodily fluids of people who are sick.
- Avoid contact with semen from men who have recovered from EVD.
- Avoid contact with items that may have come into contact with an infected person's blood or body fluids.
- Avoid funeral or burial practices that involve touching the body of someone who died of EVD or suspected EVD.
- Avoid contact with bats, forest antelopes, and non-human primates such as monkeys, apes, and chimpanzees.

## **Resources**

<https://www.cdc.gov/vhf/ebola/about.html>